



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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VOLUNTEERS NEEDED TO DELIVER MEALS ON WHEELS

CLAREMONT -- There is an urgent need for volunteers to deliver meals to homebound senior citizens in the Claremont-Catawba area of Catawba County.

Volunteers pick up the meals at Bethlehem United Methodist Church-Claremont between 10:50 and 11:15 am Monday through Thursday. You can volunteer as little as one hour a month and make a difference in the life of a senior citizen.

Volunteers are also needed to deliver meals in the East Hickory, West Hickory, Maiden and Newton areas. For details about how you can help, contact Vickie Redden, volunteer coordinator of Catawba County Meals on Wheels, at 695-5610.

Meals on Wheels is a program of Senior Nutrition Services, a division of Catawba County Social Services. It relies heavily on volunteers and local donations to serve more than 1,000 seniors through home delivery of meals, Seniors Morning Out and related programs.

For more information about these programs, and how you can help, go to <http://www.catawbacountync.gov/dss/adult/nutrition.asp> or find the Meals on Wheels of Catawba County program on Facebook at <http://www.facebook.com/#!/MealsOnWheelsOfCatawbaCounty>.

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